

Abstract

A formed product, characterized in that it is produced by using, as a material, a steel having an ultra fine structure comprising ferrite grains having an average grain diameter of 3 μm or less and by a method comprising only a forming step and including none of refining steps; and a method for producing the above formed product with ease. The formed product contains no alloying element and has been subjected to no refining step, and has been imparted with high strength and high toughness by the above ultra fine structure.